

HO! HO! HO! Santa Loves Christmas 4 Kidz!



Nancy Begley and Betty Hutchinson prepare for the 2017 Christmas 4 Kidz event.

*By Kathy Hanson
Compass Writer*

It's become an iconic logo around Hayward and surrounding communities—the package with green gift wrap and a red bow that makes the number 4—tying it into the words, “Christmas 4 Kidz.”

It's been around since 1976 when Women of the Moose ran it, calling it Toys for Tots. But when Nancy Begley took it over in 2006 she renamed it Christmas 4 Kidz, and when the Moose Lodge closed in 2009 it became a 501 (c) 3 non-profit organization.

Today Nancy is still at the helm, with Secretary Betty Hutchinson right beside her, both working nine of the 12 months of the year to make sure kids in Sawyer County

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Executive Director News



By Linda Hand

Meals on Wheels America is the oldest and largest national organization supporting the more than 5,000 community-based senior nutrition programs across the country that are dedicated to addressing senior hunger and isolation. This network exists in virtually every community in Amer-

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Exeland Center News

The Crossings Diner
715-943-2990



By Karen Skogen

HAPPY THANKSGIVING AND MERRY CHRISTMAS!

This is the last issue of the Compass for 2017 and time to think about more opportunities for volunteering, decorating, getting together more and maybe even a Christmas Party this year.

Volunteers should get recognized. Be sure to say thank-you when you see someone doing a good deed. On October 9th at Trails End Resort, the Senior Resource Center provided a very nice thank-you lunch, interesting information and prizes to volunteers from all of the meal sites.

Are you wondering what you could volunteer to do? Just ask Bonnie, she could always use a little help in the kitchen.

The apples and other produce that is donated is very much appreciated and Bonnie uses it in her wonderful meals, but she needs help with preparation and storage. Other suggestions for volunteering; Meals on Wheels driver, Advisory Board Member, decorating for the various seasons or organizing and coordinating social time activities, bingo, cards or other games, exercise, etc. You may think someone is already doing these things, but did you stop to think that maybe they need a break or fresh ideas or just some

extra help. If you are willing to help with social-time activities, the Advisory Board will provide funds for supplies and prizes.

In early November, there will be an Advisory Board meeting to discuss and make a decision about a Christmas Party. Think about what you would enjoy and bring your ideas to the meeting when the date is announced or give your ideas to Bonnie or a member of the board. Something to think about – A Sunday at noon, the Buckhorn right in Exeland, gifts or no gifts, January rather than December when people aren't so busy, etc.

Gift certificates for a meal from your Senior Center make wonderful gifts for friends and family this time of year. There are also greeting cards for sale for when you need one, also cleaning cloths and brooms.

Have a Blessed Holiday Season!



Director News Continued from Page 1

ica and, along with more than two million volunteers, delivers the nutritious meals, friendly visits and safety checks that enable America's seniors to live nourished lives with independence and dignity. Our sites need additional volunteer Meals on Wheels drivers in Exeland, Stone Lake, Winter, and Hayward. You must be able to pass a background check, have reliable transportation with proof of insurance, and passion for the Meals on Wheels mission. If you or a group are interested in assisting even if to be just a fill-in, please contact the individual meal site or our office at 715-634-3000 to help our homebound seniors to remain in their home by providing nutrition, a friendly visit, and a safety check.

Speaking of Meals on Wheels, we would like to give a shout out to the



Northwood's Young Professionals make a stop in Seeley during the Witches Brew Tour fundraiser this year.

Northwood's Young Professionals for taking over the Witches Brew Tour fundraiser this year. We had been too busy with the food trailer outreach events, so they agreed to take this activity over for us. The pub crawl traveled throughout Sawyer County, with part of the proceeds going to our Meals on Wheels program. It was a Spooktacular Time!

It has been a very busy spring, summer, and fall. With all the activities that have been going on, it is nice to sit back and assess this journey we have been on. With kitchen/site remodels, open houses, and the food trailer, the staff and volunteers were ready for a break. I was able to escape for a few days with my husband Derek and in-laws Steve and Barb, to make a trip to the East Coast to visit Maine and Massachusetts. This is something I have been dreaming about for years and it was so exciting. This was the first time that I have had the opportunity to try real lobster and other fresh seafood. The history and national parks were amazing as we traveled down the coast. Being able to visit places that I had only read about in history books and seen on tv. This was part of my "bucket list" wishes and will relish every minute.

A foodie at heart, we had mapped out our trip to include places that are on the Food Channel and even got to stop in Trenton, Maine to get our picture taken in front of Hayward's Tina Scheer's Great Maine Lumberjack Show. Time flies "Enjoy it while you can", they tell me.

It is our first official snow today, as we are planning the menus for the holidays and Jim is winterizing the food trailer. The plan is to bring it back out for the Birke in February, sooner if the opportunity exists. Now our focus will turn to "Sharing the Love" during this holiday season, which will include cooking classes at our sites. Be watching on Facebook and our articles in the paper for more information. Another addition we have is that the Northwoods Carving Club is holding their monthly meeting activity at the SRC in Hayward. More information is included in this issue.

May you have a wonderful holiday season and blessed new year. We hope that you will join us at one of our sites for a warm meal and friendship. For those who do not have transportation, please contact us to see if we may be able to assist in arranging transportation or to bring you a meal at home.

Stone Lake Center News



By Peggy Johnson

Stone Lake Senior Center Chef

Fall is here with all the beautiful colors and the cooler temperature. The Cranberry Fest had another successful year and Senior King and Queen is Mike and Sherry Day. Mike is originally from California and Sherry is from Seattle, Washington. They met while Mike was in the Admirals Band of the Navy. They have four children, two boys and two girls and 10 grandchildren and 5 great-grandchildren. Mike retired from Ford Motor Company and Sherry retired from Sears and moved to Stone Lake in 2003, having owned the home since 1995. They both love retirement and they both volunteer at our center, Mike has been a Meals on Wheels Driver for many years.

The Center is looking for interested persons to serve on the Nutritional Advisory Board. This Board will need a President, Secretary, Treasurer and board members. The function of the board will be to have an input on meals being served at the Center and conduct fundraisers for the funds to be used in the Stone Lake Center. One of the items we need is an Automated External Defibrillator (AED) at our Stone Lake Center.

Due to the sparse number of attendees at the Tuesday evening dinner, it has been decided that we will postpone this offering through the winter. As an alternative, we are in the process of working

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Doing it Your Way...

With Help from Flambeau Home Health and Hospice



Editor's Note: This article was submitted by Flambeau Home Health & Hospice, by request of client and Sawyer County resident Sharon Heim.

Frank Sinatra once crooned, "I did it my way", now hospice patient, Sharon Heim chimes in "and I'm glad I did".

After 2 years of doctor appointments, scans, options and treatment suggestions, Sharon was diagnosed with "extensive stage" metastatic cancer in January 2017. She and Reggie (her husband of 23 years and best friend for nearly 40) weighed the pros and cons of their options and chose hospice care. Sharon recalls how she made her decision and provides her unique insight, "you're going to suffer either way. Decide for yourself. Do you want to be sick and miserable, and might not know where you're at? Or, do you

want to take it as it comes and enjoy whatever time you have left?"

In the first days of hospice care everything is new, and it can be overwhelming. Reggie stated, "while we were getting on board, it was a little confusing, but it's learning, there's a learning curve. We weren't anticipating the total services until we got on board and understood. The general public doesn't realize the services, they just see it [hospice] as the end result". Now, Reggie describes hospice as "assurance, I know you're there if I need something, I know I can get help". Sharon goes on to explain her hospice experience thus far, "I was

amazed at the compassion, the friendliness of the people that come to help me, I didn't expect it. Everybody comes in with a smile, I'm sure they have bad days, everyone has bad days, but you never see it. They're there for you and it makes you feel better. All said and done, they don't run away".

With Reggie by her side and the Hospice team in the wings, Sharon has been able to "do it her way". "You give advice on how to handle the pain, I trust you in your advice, then I can decide, do I want to, or not?" Step by step, day by day, equipment choices, medication choices,

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SENIOR RESOURCE CENTER

THANK YOU!

Thank you to Pam and Barb from Dow's Corner Bar in Spider Lake for their continued support of the Senior Resource Center. They have sponsored several events over the years including the Spring Style Show, Witches Brew Tour, Timber Grill Senior Outreach Events, and now Crawlween. You Rock!



Help Those in Need. Donate Venison!

DEER HUNTERS
FREE PROCESSING



#SharetheLove and Donate Venison to Feed Seniors in Sawyer County

The Senior Resource Center takes part in the Wisconsin Deer Donation Program which is funded by the WI DNR. Hunters can donate venison to Whiskey Ridge Sports Shop & Processing which is located at 10008 State Highway 27/70, Radisson, WI. The venison will be processed there and will be divided for distribution to our local food pantries and the Senior Resource Center for our senior meal program, which includes Meals on Wheels. Please leave venison in the cooler on the east side of the building with your Name and Contact Information. You can also contact Whiskey Ridge at 715-945-2414 if you have further questions.

#SawyerCounty #fightinghunger #fightingisolation #MealsonWheels



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Recipe Corner



Easy Spanish Rice with Beans

"So yummy! I also love that beans are good for you. Beans contain a lot of soluble fiber, protein, carbohydrates, folate and iron. You can also wrap it up in a tortilla and add some grated cheese, low fat yogurt and lettuce for a delicious veggie taco/burrito."

INGREDIENTS

2 tablespoons vegetable oil
1 1/2 cups of dry rice
3 cloves of garlic (finely chopped)
1/2 an onion (finely chopped)
2 cups of chicken/veggie broth
1/2 a bottle of salsa (1 cup)
1 cans of beans, drained + rinsed (black/kidney/medley - use your favorite beans)
Fresh Cilantro (chopped, about 1/2 cup)
Sprinkle of salt and pepper

PREPARATION

- 1) Heat the oil in a large sauce pan over medium heat.
- 2) Add in the onion and sauté until soft (about 1-2 min).
- 3) Add in the rice, mix with the onion and cook for about 5 minutes or until the rice gets a golden color.
- 4) Add in the garlic and sauté for one more minute.
- 5) Pour in the broth and salsa on the rice (try to not add it directly onto the hot pan), add the beans, salt and pepper and stir it up. Bring to a boil.
- 6) Turn the heat to low and cover, rice should simmer for about 25 minutes.
- 7) Mix well, add fresh cilantro and serve.

Yield: 4 servings Prep Time: 5 minutes Cook Time: 35 minutes

*Posted by Angela V/
Published on October 28, 2012
<http://www.onesmilemonkey.com>*

Hayward Senior Center News



By Sue Gold
The Hayward Nutrition Advisory Board Fall and Christmas Plans

It's Fall!! I hope you got out to Fall Fest, Cranberry Fest or Apple Fest, or maybe to look at the brilliant fall colors. Just in town, on the way to the Senior Resource Center, the trees on the streets

are turning beautiful colors. Of course, this means that Halloween is just around the corner. Joyce Zaspel is going to contact Grandma's Daycare to see if the children would like to come to the Center and parade their costumes for all of us at lunch that day. The Advisory Board will put together goody bags for the children, the Meals on Wheels diners and the people eating lunch at the Center that day.

Speaking of the Dining Hall, it is time for all who dine at the Center to fill out the yearly registration forms. This is done so that we can get proper funding from the government. They only take about five minutes to fill out. If you didn't receive one just ask the receptionist's desk and we will be happy to help you. Also, if you are planning on eating in the Dining Hall on any given day, please either sign your name on the check in list at the receptionist desk or call the Center at 715-634-4680 and let us know your first and last name and how many are coming. It helps us and the cooks to know about how many people they will be feeding that day. Thank you.

The September bake sale was a huge success! A lot of people donated baked goods and they were all sold. Over \$100.00 was made. We will be having another bake sale on December 19, 2017 just in time for Christmas. Everyone is welcome to donate yummy baked goods. All donations will be gratefully appreciated.

The Green Bay Packers Organization is offering a grant to name a "Volunteer of the Year". Members of the organization visited the Center to see the different programs and the services offered to our seniors. Linda Hand said that they were impressed with what they saw.

Around the Dining Hall new blue checkered tablecloths were put out on the dining tables. Monthly birthdays will start being celebrated again. They will be celebrated on the last Wednesday of the month. The kitchen has had many donations of vegetables from the Spooner Experimental Ag Farm and have had a couple of donations of apples. A BIG thank you for those donations. Thank

you's also go out to the helpers peeling and slicing the apples, Helen Chevrier, Betty Hutchinson, Lorraine Hoyer and Arloa Anderson. All in all, fall looks to be a busy time of year for the Center!



HAYWARD AARP NEWS

By Carol Alcoe

The Hayward chapter of AARP November meeting will be held Thursday, November 2, 1 p.m. at the Senior Resource Center, upper level, at 15856 E 5th St, Hayward. After a meeting of the Board at 1 pm, a meeting of the general membership and refreshments will follow at 1:30. At 2p.m. a presentation by a representative from the Sawyer County Sheriff's department will discuss scams of all kinds that have been currently circulating in our area. Come learn how to handle phone calls, emails or whatever has been annoying you. Everyone is welcome - you needn't be a member of AARP or the Senior Center to attend.

The December AARP meeting will be a Christmas gathering for lunch at Flat Creek Eatery on Thursday, December 7 at 11:30 a.m. Meals will be ordered off the menu. There will be musical entertainment provided by Dottie Lund. Please call Archie or Betty Hutchinson at 715-634-4793 for a reservation or more information.

Carol Alcoe can be reached at 715-462-3213 or 715-634-0988.

The Rewards of Caregiving

November is National Caregiver Month, a time to acknowledge and celebrate caregivers. You often hear about the challenges, frustrations, and stress of caring for someone, but caregiving isn't without rewards. Take some time to consider the ways your life has been enriched by your caregiving journey.

Caregiving offers you a chance to "give back" to someone important in your life. If you are caring for a parent, the help you give them now is a way to "pay them back" for caring for you when you were a child. When caring for a spouse, it can be a thank-you for the love they have given you through the years. Providing care is a way of telling the person they are valuable, that you love them and will always be there for them.

Caregiving encourages you to spend more quality time with your loved one. Looking at photo albums, reminiscing about earlier times, reading aloud, watching old movies or just being together become precious ways to enjoy time together. Slowing down enough to simply be together gives you the opportunity to get to know each other better, often resulting in newfound respect and understanding.

Caregiving can get you in touch with your family history. Spending time together listening to childhood stories opens a door to the past and gives you a new understanding of how your family was shaped by history. Relish these stories.

Caregiving gives you an opportunity to learn new skills, such as multi-tasking and organization. You learn about the medical condition that affects your loved one and how to maneuver through the maze of health care providers. And

you learn to be assertive, speaking up to advocate for your loved one.

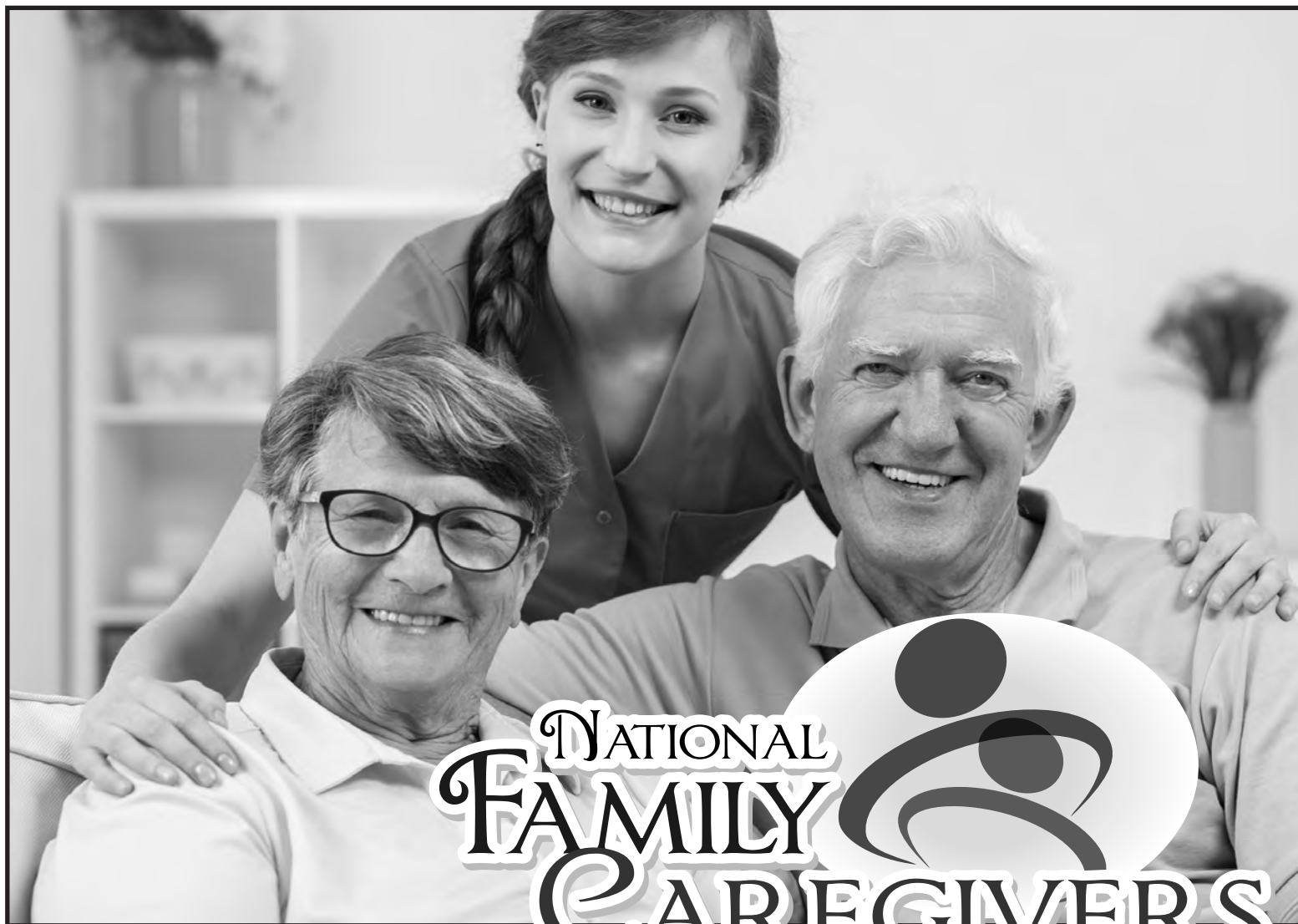
Caregiving helps you recognize your own support systems. You may be surprised to find neighbors, co-workers, relatives and friends reaching out to help you on this journey. Accept their help and take pleasure in how they enrich your life.

Caregiving can help you become more compassionate and loving. You may not think you have the ability, patience or personality to be a caregiver, but you do. Rising to the challenges of caregiving

helps you to recognize your own strengths and abilities, often strengthening your inner, spiritual self.

Caregiving leads you to plan your own future. Discussing and planning end-of-life issues with your loved one can guide you to be better prepared for your own future and give you a deeper understanding of your own values and beliefs.

As you celebrate National Caregiver Month, be sure to recognize the rewards you have experienced on your journey. You may find that caregiving benefits not only your loved one, but also you.



Jane Mahoney

Older American's Act Consultant
Greater Wisconsin Agency on Aging Resources

WALDO CENTER HALLOWEEN FUN

TRICK



OR



TREAT!

**Sawyer
County**



**VETERANS
Service Office
News**

By Gary Elliot

**Walk-in clinic for Flu Shots at the
Hayward VA Clinic October 26, 2017
8 A.M. – 3 P.M.**

Flu shots are free-of-charge for Veterans enrolled in the VA Health System. Each year, on average, 5 – 20 percent of the U.S. population gets the flu, tens of thousands are hospitalized and thousands die from flu-related illness. This costs an estimated \$10.4 billion a year in direct medical expenses and an additional \$16.3 billion in lost earnings annually. You have an important role in protecting yourself, your family and your personal finances—get your flu shot.

VA Releases Veteran Suicide Statistics by State

The Department of Veterans Affairs (VA) released findings from its analysis of Veteran suicide data for 50 states, Puerto Rico and the District of Columbia.

The release is part of VA's comprehensive examination of more than 55 million records, from 1979 to 2014, which will be used to develop and evaluate suicide prevention programs across every state. The new data include Veteran suicide rates and overall suicide rates by state,

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Veteran's News**Continued from Page 7**

age group, and gender and list the most common suicide methods. Analysis of this information will help VA's Office of Mental Health and Suicide Prevention gain insight into high-risk populations and share that information with community-based health care providers and partners, continuing to expand the network of support for Veterans.

Among VA findings:

Findings show there is variability across the nation in the rates and numbers of deaths by suicide among Veterans. Overall, the Veteran rates mirror those of the

general population in the geographic region, with the highest rates in Western states. While we see higher rates of suicide in some states with smaller populations, most Veteran suicides are still in the heaviest populated areas.

The suicide rate among middle-age and older adult Veterans remains high. In 2014, approximately 65 percent of all Veterans who died by suicide were age 50 or older.

After adjusting for differences in age and sex, risk for suicide was 22 percent higher among Veterans when compared to U.S. non-Veteran adults. After adjusting for differences in age, risk for suicide was 19 percent higher among male Vet-

erans when compared to U.S. non-Veteran adult men. After adjusting for differences in age, risk for suicide was 2.5 times higher among female Veterans when compared to U.S. non-Veteran adult women.

"These findings are deeply concerning, which is why I made suicide prevention my top clinical priority," said VA Secretary Dr. David J. Shulkin. "I am committed to reducing Veteran suicides through support and education. We know that of the 20 suicides a day that we reported last year, 14 are not under VA care. This is a national public health issue that requires a concerted, national approach."

Veterans who are in crisis or having

thoughts of suicide, and those who know a Veteran in crisis, can call the Veterans Crisis Line for confidential support 24 hours a day, seven days a week, 365 days a year. Call 800-273-8255 and press 1, you can chat online at VeteransCrisisLine.net/Chat, or text to 838255.

Sawyer County Veterans Service Office The Sawyer County Veterans Service office is your key information resource center in determining what Federal and State benefits are available to Veterans and their families.

Stopped by lately?

You should!

The Federal & State policies to your benefits are ever changing!



Served
Tuesdays at
5:30 p.m.

What's for Dinner?

November & December Tuesday Evening Menu at the Hayward Center

HAYWARD

Please Call: 715-634-4680 to make a reservation

NOVEMBER

November 7th

Roast Pork Loin w Applesauce
Mashed Potatoes & Gravy
Oven Roasted Brussel Sprouts
Salad Bar
Frosted Banana Bars

November 14th

Salisbury Steak w gravy
Creamy Mashed Potatoes
Mixed Vegetables
Salad Bar
Sugar Cookie

*All meals include
bread/butter & milk

November 21st

Roast Turkey w Cranberry Relish
Mashed Potatoes
Stuffing & Gravy
Glazed Carrots
Salad Bar
Pumpkin Pie

November 28th

Spaghetti & Meatballs in Sauce
Salad Bar
Green Beans
Garlic Bread
Peach Cobbler

**Menus May Change Upon Availability of Food Items

DECEMBER

December 5th

Beef Roast
Mashed Potatoes & gravy
Green Peas/ Salad Bar
Frosted Chocolate cake

December 12th

Oven Fried Chicken
Roasted Baby Red Potatoes
Winter Blend Vegetables
Salad Bar
Strawberry Short Cake



December 19th

Glazed Ham
Baked Sweet Potatoes
Green Bean Casserole
Salad Bar
Blueberry Pie



November 2017

For Reservations call: **Stone Lake:** (715) 865-2025 **Winter:** (715) 266-2233
Exeland: (715) 943-2990 **Hayward/Spider Lake/Vets Center:** (715) 634-4680 **Alternative**
Meals are available upon request. Please contact your site manager at least one day in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
Age 60+ suggested donation \$3 breakfast, \$4 lunch, \$5 dinner. Under 60 charges of \$5 breakfast, \$8.50 lunch, \$8.50 dinner. Salad Bar – (1) Trip for with Meal included at regular cost. Salad Bar Alone All-You-Can-Eat same cost as meal.		1 Oven Baked Chicken, Potato Salad, Cranberry Relish, Glazed Carrots, Strawberry Shortcake w/ Whipping Cream, Dinner Roll & Milk	2 Meatloaf, Baked Potato w/Sour Cream, Stewed Tomatoes, Fresh Fruit, Marble Rye Bread & Milk	3 Baked Cod, Hash browns, Mixed Vegetables, Apple Turnover, Bread & Milk
6 Lasagna, Romaine Mandarin Orange Salad, Garlic Bread, Frozen Yogurt & Milk	7 Colorful Chicken Salad, Cranberry/Orange Ciabatta Bun, Salad Bar, Peanut Butter Cookie & Milk	8 Roast Beef, Mashed Potatoes/Gravy, Spinach, Dinner Roll, Cake & Milk	9 Pork Chop, Scalloped Potatoes, California Blend Vegetables, Baked Apples, Bread & Milk	10 Polish Sausage w/Sauerkraut, Creamy Macaroni & Cheese, Peas & Carrots, Fruit, Bun & Milk
13 Roast Pork Loin, Creamy Mashed Potatoes w/Gravy, Sweet & Sour Cabbage, Cinnamon Applesauce, WW Bread & Milk	14 "Build a Burger", Baked Beans, Salad Bar, Dessert Bar & Milk	15 Baked Chicken, Potato Salad, Corn, Fresh Fruit, Dinner Roll & Milk	16 Thanksgiving Roasted Turkey, Stuffing, Mashed Potatoes, Gravy, Green Bean Casserole, Cranberries, Dinner Roll, Pumpkin Pie & Milk	17 Tuna Noodle Casserole, Fruit Salad, Pickled Beets, WW Bread, Cookie & Milk
20 Swiss Steak over Rice, Buttered Carrots, Cottage Cheese w/Peaches, Rye Bread, Cake & Milk	21 Chicken Parmesan w/Angel Hair Pasta, Salad Bar, Fruit, Garlic Bread, Pumpkin Bars & Milk	22 Breaded Pork Chop, Baked Potato, Broccoli Salad, WW Bread, Banana Cream Pie & Milk		
27 Pork Cutlet, Parslied Red Potatoes, Cucumber Salad, Yogurt w/Granola & Fruit, WW Bread & Milk	28 Spaghetti w/Meat Sauce, Salad Bar, Fruit, Cheesy Garlic Bread, Brownie & Milk	29 Savory BBQ Chicken, Sweet Potatoes, Roasted Brussel Sprouts, Fruit, Crescent Roll & Milk	30 Vegetable Beef Barley Soup, Egg Salad Sandwich, Pickles, Fruit, Chocolate Mousse Pie & Milk	



Every year at the Vet's Center hundreds of toys and games are organized, sorted and matched to families and children who live in Sawyer County. -Photo submitted



Nancy and her Christmas 4 Kidz team of elves in 2016. -Photo submitted

Christmas 4 Kidz

Continued from Page 1

get their toys for Christmas.

Mind you, they get a lot of help. There are 45 volunteers involved in what is a colossal effort: on average, 240 children from birth to age 12 receive several new gifts for Christmas.

"Last year we spent \$11,000 on toys and this year we're already in for \$3,000," Begley said, looking at Betty with a twinkle in her eye.

Betty said they had just returned from L & M Fleet Supply in Hayward where

they found cute miniature wheelbarrows for little boys.

"We had to have 'em," said Betty, who said Nancy is teaching her how to shop. "I spend the money like it's my own," Nancy said, meaning she buys local and she buys the sales. If it's not on sale she asks the store for a discount.

Other stores Nancy and Betty will be shopping at include Walmart, Fantasy & Fun, Ben Franklin and others. They also buy discounted American Girl dolls because Nancy's granddaughters volunteer at the Madison Children's Museum and

are able to get a great deal.

Behind the scenes there is enormous community support.

- On May 20 Muddin' 4 Kidz raised \$1,565 with the help of Hayward Power Sports. Think ATVs and mud. And kids. And more mud.

- On Aug. 20 Phipps Tavern sponsored their Annual Poker Run in memory of Pete Foss. They donated \$6,389 to Christmas 4 Kidz.

- The Hayward Area Memorial Hospital and the Hayward Area

Chamber of Commerce have joined forces with Christmas 4 Kidz and are collecting toys at the hospital and Water's Edge. They have also donated \$500 and are doing all the publicity for the upcoming Cookies & Milk with Santa on Dec. 3.

- On Oct. 9 a Chili Cook-off at the Vet's Center raised \$830.

- Meanwhile businesses and organizations all over the city are setting up drop-off locations for people to donate new toys. These locations include all the banks and the credit union, Wesleyan Church, Marketplace, the Vet Center, Salvation Army, Intermediate School, Walgreens, Farmers Insurance, Miracle Ear, the Senior Resource Center, HAMH and Water's Edge.

All toys must be new and no guns, dart games or any toys that speak to violence or harm can be accepted. Also no clothing, food or candy is accepted. The emphasis is on toys, dolls, stuffed animals, and items suitable for Christmas gifts.

Events coming up for fundraising include:

- Lunch with Santa at the Vet's Center, Nov. 19 from 11 a.m. to 2 p.m. Peanut butter and jelly sandwiches, super burgers, chips, juice, milk and cookies will be served. Jerry Myer will appear as Santa.



Join Santa for a photo, along with cookies and milk on Dec. 3 at the Steakhouse. -Photo submitted

\$5 at the door.

- Cookies & Milk with Santa at the Steakhouse on Dec. 3, 1-3 p.m. Open to the public; bring a toy to donate. Photos of kids with Santa will be available. Mike Canik will appear as Santa.

The last day donations/toys are accepted is Dec. 8. On Dec. 9 all the toys are taken to the Vet Center where the Christian Motorcycle Club volunteers to organize, sort and mark the UPC labels so toys cannot be returned for cash.

On Dec. 11-12 parents come to pick up the toys. (Most families are referred by churches, Health and Human Services, and LCO.) Nancy said they are expecting 90-125 families to pick up toys this year for their children.

And there's a rumor going around that Santa is very happy this year, according to Betty, who said there's a good chance they'll get an extra toy this year.

Another year, another huge effort to make sure the children of Sawyer County know that Santa doesn't forget anyone.

Thank you, Christmas 4 Kidz!

Editor's note: Nancy Begley is this year's recipient of the American Legion's Woman of the Year award. She will be honored on Nov. 11 at the Vet's Center in Hayward for the work she has done. This event is open to the public.

New Urgent Care Hours

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10am - 10pm • Sat & Sun

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December 2017

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 Exeland: (715) 943-2990 Hayward/Spider Lake/Vets Center: (715) 634-4680 Alternative
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	Age 60+ suggested donation \$3 breakfast, \$4 lunch, \$5 dinner. Under 60 charges of \$5 breakfast, \$8.50 lunch, \$8.50 dinner. Salad Bar – (1) Trip for with Meal included at regular cost. Salad Bar Alone All-You-Can-Eat same cost as meal.			1 Meatballs, Mashed Potatoes w/Gravy, Salad, Cranberry Ciabatta Bun, Cookie & Milk
4 Creamed Chicken over Biscuit, Peas, Cranberries, Apple Dessert & Milk	5 Ham & Potato Soup, Grilled Cheese, Salad Bar, Fruit Cobbler & Milk	6 Roast Beef, Mashed Potatoes, Gravy, Caribbean Vegetable Blend, Fruit, Roll & Milk	7 Pork Loin Roast, Squash, Green Beans, Fruit Cobbler, Roll & Milk	8 Baked Fish, Sweet Potato, Broccoli, Crescent Roll, Strawberry Shortcake & Milk
11 Beef Stroganoff over Noodles, Stewed Tomatoes, Marble Rye Bread, Cranberry Pudding Cake & Milk	12 Lasagna, Salad Bar, Garlic Bread, Dessert & Milk	13 White Chicken Chili Topped w/Grated Cheese, Salad, Tortilla Chips, Salsa, Sour Cream, Crackers, Fruit & Milk	14 Liver & Onions, Oven Fried Baby Red Potatoes, Winter Blend Vegetable (Broccoli/Cauliflower), Roll, Fruit & Milk	15 Meatloaf, Mashed Potatoes, Gravy, Butternut Squash, Applesauce, Roll, Fudge Brownie w/Ice Cream & Milk
18 Christmas Maple Glazed Ham, Sweet Potatoes, Green Beans, Cranberry Walnut Bread, Fruit Salad, Snowberry Cookie & Milk	19 Cream of Wild Rice Soup, Egg Salad Sandwich, Salad Bar & Root Beer Float	20 Salisbury Steak, Mashed Potatoes, Gravy, Corn, Fruit Salad, Bread & Milk	21 Orange Chicken Stir Fry w/Vegetables, Rice, Egg Roll, Fruit Salad, Fortune Cookie & Milk	22 Pork Cutlet, Boiled Baby Reds, Creamed Peas, Yogurt Fruit Parfait, WW Bread & Milk
		27 Shaggy Man Split Pea & Ham Soup, Salad Bar, Crusty Bread, Dessert & Milk	28 Baked Chicken, Spanish Rice with Beans, Fruit Cobbler, Bread & Milk	

Dear Yoga Enthusiasts...

Please note that there has been a change to the yoga classes held at the Senior Resource Center in Hayward.

All my yoga classes will now be run through WITC (Wisconsin Indianhead Technical College) starting October 30, 2017. Unfortunately, you will no longer be able to just walk-in to any of the classes and WITC does not have an affiliation with SilverSneakers, so we will no longer be able to honor that card if you are a member. Classes will still meet on Tuesday at 8:30 am (Class #66900) and 4:30 pm (Class #66902) and Thursday at 8:30 am (Class #66903) and 10:00 a.m. (Class #66904) and the Senior Resource Center is still providing all the supplies (mats, blankets, blocks & straps) you will need. There is a class size limit of 16 at the Senior Center classes.

In addition, I am offering 2 classes at the Round Lake Town Hall, 10625N County Rd A, Hayward, WI, on Monday at 9:00 am (Class #64825) and Wednesday at 9:00 am (Class #64828). You will need to bring your own supplies to the Round Lake classes. I do have some supplies for sale if you need them. Give me a call with your needs. There is a class size limit of 12 at the Round Lake classes.

To register, you will have to call WITC (715-634-5167) or go online to (www.witc.edu/search). You will have to sign up for 6 classes, but the price is very reasonable at \$30 (if under age 62) and \$17.25 (if over age 62) for 6 classes. When you register, be sure you have the class number(s) for the class(s) you want to take.

If you have any questions at all, please don't hesitate to drop a line at maryjojirik@gmail.com or call me at 715-558-9077.



*I look forward to
sharing yoga with you!*
Mary Jo Jirik

Sawyer County Compass

*The Official Newsletter of the Sawyer County
Senior Resource Center*

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For advertising rates or more information contact Sue Johnston:

Advertising: gazetteads@centurytel.net

Editor: saj@sawyercountygazette.com



WISCONSIN
INDIANHEAD
TECHNICAL
COLLEGE

Continuing Education

Offered by Wisconsin Indianhead Technical College

Hatha Yoga Classes

With Mary Jo Jirik

Class Location	Class #	Weekday	Time	Dates	Fee
Hayward Senior Center	66900	Tue	8:30-9:30a	10/31-12/5	\$30/\$17.25
Hayward Senior Center	66902	Tue	4:30-5:30p	10/31-12/5	\$30/\$17.25
Hayward Senior Center	66903	Thur	8:30-9:30a	11/2-12/14 [B]	\$30/\$17.25
Hayward Senior Center	66904	Thur	10-11a	11/2-12/14 [B]	\$30/\$17.25

Hatha Yoga is a very gentle style of yoga that combines stretching (postures) with breath work and meditation to connect you to all parts of yourself. A few of the many benefits include improved flexibility, mobility, strength, circulation, relaxation, balance and energy. Yoga helps to bring awareness and trust to your body, calmness to your restless mind and joy to your spirit. As always, please check with your physician before starting this or any other exercise class.



HOW DO I REGISTER?

- Online at witc.edu/search
- In person at WITC-Campus Name – visit Student Services
- By phone using a credit card. We accept VISA, MasterCard, and Discover: 800-243-9482, ext. 0000
- By mail – send your completed registration with payment to the campus nearest you (addresses below)

WITC-Ashland
2100 Beaver Ave.
Ashland, WI 54806
Ext. 3170

WITC-Rice Lake
1900 College Drive
Rice Lake, WI 54868
Ext. 5045

WITC-Superior
600 North 21st Street
Superior, WI 54880
Ext. 6367

WITC-New Richmond
1019 S. Knowles Ave.
New Richmond, WI
54017
Ext. 4221

WITC is an Equal Opportunity/Access/Affirmative Action/Veterans/Disability Employer and Educator.

FIT BITS

**KEEP
YOUR
LIFE IN
BALANCE**

*By Judy Holmes,
Certified Fitness
Instructor*



What is Balance?

Balance is maintaining your center of mass over your base of support. Why the loss of balance?

1. Issues with eyes or ears
2. Inactivity
3. Fear
4. Medications- especially blood pressure medications
5. Cervicogenic- spinal stenosis affecting blood flow to the brain and/or placing pressure upon the spinal cord or nerve roots
6. Injury- ankle injuries that create stiffness, ligament laxity, muscle weakness and compensation patterns.
7. Habits

Train to improve your balance! Work on your balance by improving body alignment: Create a foot tripod by concentrating foot support under the big toe, small toe, and heel. Align hip-to-knee-to-ankle-to-foot. Keep chest and pelvis strong as in a cylinder. Progress slowly and practice! Check your posture in a mirror.

Challenge your balance by varying your steps and the surface you walk on. Add lunges and change directions to forward, side, diagonal, and back. Stand on one leg, add a reach, add an upper body rotation. Dress yourself while standing.

Lift the back of your head upward and look forward as you walk so you can see what is ahead and be prepared to react.

Good balance is achievable if old habits of posture and gait are tweaked and changed, and supporting muscles and joints are strengthened.



SUBARU
**share
the love**
EVENT

iw!
MEALS ON WHEELS

This holiday season, we hope you'll *Share the Love* by supporting vulnerable seniors in our area and nationwide.

TOO MANY SENIORS ARE LEFT BEHIND, ALONE AND HUNGRY, STRUGGLING TO STAY INDEPENDENT AND HEALTHY.



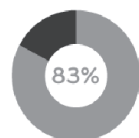
1 IN 6 seniors struggles with hunger

15.2 MILLION are isolated, living alone

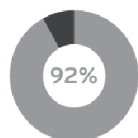
9.6 MILLION are threatened by hunger

18.4 MILLION are living in or near poverty

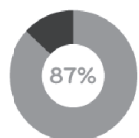
MEALS ON WHEELS DELIVERS THE SUPPORT THAT KEEPS SENIORS IN THEIR HOMES, WHERE THEY WANT TO BE.



83% say it improves their health



92% say it enables them to remain living at home



87% say it makes them feel more safe and secure

And that's why Subaru and its retailers support Meals on Wheels – it's part of their commitment to leaving the world a better place than they found it through the core values of trust and love.

Over the past nine years, Subaru and its retailers have helped the Meals on Wheels network deliver more than **1.7 million meals** to homebound seniors. You can help that number grow when you buy or lease a new Subaru during the 2017 Share the Love Event (November 16 – January 2) and select Meals on Wheels to receive a \$250 donation from Subaru. We are proud to participate in the Share the Love Event to help raise critical funds needed to support our local seniors, and we hope you'll join us.



LEARN MORE AT WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE.

New fitness options available at the Senior Resource Center!



MEET FITNESS INSTRUCTOR JODI OLNEY:

Jodi has been in the fitness field for almost 20 years. She states, "I love teaching a variety of classes. Working with people of all ages and helping them reach their fitness goals is what puts a smile on my face. I have two wonderful children and a great husband who I love spending time with. Running, lifting weights and teaching classes is how I stay in shape!"

Jodi came to us a couple of months ago to inquire about offering some new fitness options for the older adults at in Sawyer County. She comes to us with a broad fitness background, experience, and training for the aging population. Since we have limited funding and resources for fitness classes, our instructors are now partnering with WITC campus in Hayward, so we can offer a wide variety of classes. Jodi has the following classes schedule to start ASAP at the Senior Resource Center lower level at 15856 E. 5th Street, Hayward, WI.

TUESDAYS- "FIT FOR LIFE DANCE"

10-10:45am (starting 11/7-12/12)

FRIDAYS – "FIT FOR LIFE DANCE"

1:00-1:45pm (starting 11/10- 12/22 with no class on 11/24)

FRIDAYS – "BALANCE AND STRETCH"

2:00-2:30pm (starting 11/10- 12/22- with no class on 11/24)

**For registration please call the
WITC Hayward Campus at:**

715-634-5167

or register online at www.witc.edu

Tips to Keep Feet Warm and Cozy All Winter Long

By The American Podiatric Medical Association, Inc.

Whether you're slogging through deep snow and sub-zero temperatures in the north, or contending with dampness, chill, and muddy conditions in the south, it's important to take care of your feet all winter long. You'll want them to be healthy and ready for action when spring finally arrives.

Most Americans will have walked 75,000 miles by the time they turn 50. Is it little wonder, then, that APMA's 2010-foot health survey found that foot pain affects the daily activities—walking, exercising, or standing for long periods of time—of a majority of Americans?

"Each season presents unique challenges to foot health," said Matthew Garoufalos, DPM, a podiatrist and APMA past-president. "Surveys and research tell us that foot health is intrinsic to overall health, so protecting feet all year long is vital to our overall well-being."

APMA offers some advice for keeping feet healthy in common winter scenarios:

- **Winter is skiing and snowboarding season, activities enjoyed by nearly 10 million Americans, according to the National Ski Areas Association.** Never ski or snowboard in footwear other than ski boots specifically designed for that purpose. Make sure your boots fit properly; you should be able to wiggle your toes, but the boots should immobilize the heel, instep, and ball of your foot. You can use orthotics (support devices that go inside shoes) to help control the foot's movement inside ski boots or ice skates.
- **Committed runners don't need to let the cold stop them.** A variety of warm, light-weight, moisture-wicking active wear available at most running or sporting goods stores helps ensure runners



stay warm and dry in bitter temperatures. However, some runners may compensate for icy conditions by altering how their foot strikes the ground. Instead of changing your footstrike pattern, shorten your stride to help maintain stability. And re-

member, it's more important than ever to stretch before you begin your run. Cold weather can make you less flexible in winter than you are in summer, so it's important to warm muscles up before running.

- **Boots are must-have footwear in winter climates, especially when dealing with winter precipitation.** Between the waterproof material of the boots themselves and the warm socks you wear to keep toes toasty, you may find your feet sweat a lot. Damp, sweaty feet can chill more easily and are more prone to bacterial infections. To keep feet clean and dry, consider using foot powder inside socks and incorporating extra foot baths into your foot care regimen this winter.

- **Be size smart.** It may be tempting to buy pricey specialty footwear (like winter boots or ski boots) for kids in a slightly larger size, thinking they'll be able to get two seasons of wear out of them. But unlike coats that kids can grow into, footwear needs to fit properly right away. Properly fitted skates and boots can help prevent blisters, chafing, and ankle or foot injuries. Likewise, if socks are too small, they can force toes to bunch together, and that friction can cause painful blisters or corns.

- **Finally—and although this one seems like it should go without saying, it bears spelling out—don't try to tip-toe through winter snow, ice, and temperatures in summer-appropriate footwear.** "More than one news show across the country aired images of people in sneakers, sandals, and even flip-flops during the severe cold snap that hit the country in early January," Dr. Garoufalos said. "Exposing feet to extreme temperatures means risking frostbite and injury. Choose winter footwear that will keep your feet warm, dry, and well-supported."

If you need assistance with your Foot Care needs in the Hayward area, contact our Foot Care Specialist, Holly Duffy at 715-699-9987.

TECHNOLOGY ASSISTANCE

WITH CONNIE SHEILD



DO YOU NEED TECHNOLOGY ASSISTANCE?

Connie is here to assist! She is available at the Cranberry Café located at 16831W Frost St., Stone Lake from 10 a.m. until noon on Mondays and from 10 a.m. until noon on Tuesdays at the Garden Terrace Café located at 15856 E Fifth St., Hayward. Bring along your equipment if able.

CALL 715-634-3000 FOR MORE INFORMATION

Stone Lake News

Continued from Page 3

on a salad bar option that will start sometime soon on Tuesdays. This has gone over very well at our sites in Winter, Hayward, and Exeland. The SRC recently acquired a salad bar from the Hayward Community School District. We are interested in any suggestions that you may have of things that you would like to see incorporated into the salad bar offering.

The Christmas Party will be held on Wednesday, December 13, 2017. Get your reservations in early so you will not miss the fun.

The Veterans Dinner will be held on November 10th at noon at the Stone Lake Senior Center. There will be lunch and a program to follow. Get your reservations in early to honor the Veterans.

November 18, 2017 the Scholarship Committee will have a Chili Feed starting at 4:00 p.m. at the Stone Lake Lions Hall. Don't miss out on their fabulous

chili and many desserts they will be serving that night.

The Senior Resource Center would like to know if anyone is interested in taking the Senior Bus to Rice Lake for a Day of Shopping. This would be the second Saturday of each month and the cost would be \$10. The bus would leave Hayward at 8:30 a.m. and Stone Lake at 9:00 a.m. and return to Stone Lake at 4:00 p.m. and Hayward 4:30 p.m. The first trip is scheduled for Saturday, November 11th. Please call your reservation in no later than November 7, 2017 at 715-634-3000.

The Cranberry Café is serving breakfast from 8:00 a.m. to 10:00 a.m. and lunch at noon. There is an evening meal served every Tuesday at 5:00 pm. You can pick up a menu for the coming months at the center.

*Wishing Everyone
a Merry Christmas
and Happy New Year!!*



\$3.00 EACH

Thursday evening Progressive Bingo now offers a choice of adult beverages, with current choices of Redd's Apple Ale, Leinenkugel's Summer Shandy, and Miller Lite:



PROGRESSIVE BINGO

Join us each Thursday to raise funds for the Hayward Building

Join us each Thursday evening at the Senior Resource Center to raise funds for the Hayward Building and for the programs we provide for Sawyer County residents 60+ by playing Progressive B-I-N-G-O.

Each week we will be cooking up some great meals for great deals, so bring your appetite!

Doors open and food being served at 5:30
Early Birds 6:15 - Regular Session 7 p.m.



Get updates of menu and where the progressive pot is at:
<https://www.facebook.com/HaywardBingo/>

Senior Resource Center located in Sawyer County, WI - 15856 E. 5th Street, Hayward, WI
Please call 715-634-3000 for more information

STONE LAKE BREAKFAST MENU

Served Weekdays 8 a.m. to 10 a.m.

NOVEMBER

- 1) Sausage Gravy & Biscuits, Oatmeal
- 2) Scrambled Eggs, Sausage Links, Potato Pancakes
- 3) Breakfast Burrito, Tater Tots, Baked Oatmeal
- 6) Scrambled Eggs, Sausage Patties, Blueberry Pancakes
- 7) Baked Eggs, Smoked Polish Sausage, Raw Fries
- 8) Sausage Gravy & Biscuits, Oatmeal
- 9) Scrambled Eggs, Bacon, French Toast
- 10) Breakfast Pizza, Hash Browns, Cream of Wheat
- 13) Scrambled Eggs, Sausage Links, Pancakes
- 14) Build an Omelet, Raw Fries, Cream of Wheat
- 15) Sausage Gravy & Biscuits, Oatmeal
- 16) Scrambled Eggs, Ham, Waffles
- 17) Breakfast Sandwich, Tater Tots, Oatmeal
- 20) Scrambled Eggs, Sausage Patties, Raw Fries
- 21) Scrambled Eggs, Bacon, French Toast
- 22) Sausage Gravy & Biscuits, Oatmeal
- 23) CLOSED-HAPPY THANKSGIVING
- 24) CLOSED
- 27) Scrambled Eggs, Ham, Pancakes
- 28) Build an Omelet, Raw Fries, Cream of Wheat
- 29) Sausage Gravy & Biscuits, Oatmeal
- 30) Scrambled Eggs, Sausage Links, Potato Pancakes

DECEMBER

- 1) Breakfast Burrito, Tater Tots, Baked Oatmeal
- 4) Scrambled Eggs, Sausage Links, Blueberry Pancakes
- 5) Scrambled Eggs, Smoked Polish Sausage, Raw Fries
- 6) Sausage Gravy & Biscuits, Oatmeal
- 7) Baked Eggs, Ham, Potato Pancakes
- 8) Breakfast Pizza, Hash Browns, Cream of Wheat
- 11) Scrambled Eggs, Bacon, French Toast
- 12) Build an Omelet, Raw Fries, Cream of Wheat
- 13) Sausage Gravy & Biscuits, Oatmeal
- 14) Scrambled Eggs, Sausage Patties, Waffles
- 15) Breakfast Sandwich, Tater Tots, Oatmeal
- 18) Scrambled Eggs, Sausage Links, Pancakes
- 19) Scrambled Eggs, Raw Fries, Smoked Polish Sausage
- 20) Sausage Gravy & Biscuits, Oatmeal
- 21) Scrambled Eggs, Ham, Waffles
- 22) Breakfast Casserole/Quiche, Hash Browns, Cream of Wheat
- 25) CLOSED-MERRY CHRISTMAS
- 26) CLOSED
- 27) Sausage Gravy & Biscuits, Oatmeal
- 28) Scrambled Eggs, Bacon, French Toast
- 29) Breakfast Burrito, Tater Tots, Baked Oatmeal

**** Breakfast Includes: Fruit, Pastry, Toast, Coffee, Hot Chocolate, Juice (V-8 & Orange), Milk

IMPORTANT MEDICARE INFORMATION

MEDICARE		HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY JANE DOE			
MEDICARE CLAIM NUMBER 000-00-0000-A		SEX FEMALE	
IS ENTITLED TO HOSPITAL (PART A)		EFFECTIVE DATE 07-01-1986	
MEDICAL (PART B)		07-01-1986	
SIGN HERE _____			

**Annual Enrollment Dates
for Medicare Part D.
October 15 – December 7th**

Plans can change their premiums, co-pays and other plan details each year. Be sure to review your plan and make any changes by December 7th!

**Call the Medigap Helpline
at 1-855-677-2783
or the ADRC of the North
at 1-866-663-3608**

**I would like to make a contribution to the Senior Resource Center
Aging Services and Older American Act Programs.**

Please add my donation to the following program(s):

_____ Meal Program _____ Alzheimer's Respite _____ General Operating Fund

Name: _____

Address: _____

☐ I would like to be added to "The Senior Connection" mailing list. { \$5.00 - 1 year subscription }

☐ I have included a donation in the amount of \$ _____.
(Checks made payable to the Senior Resource Center)

Thank you!

**We also accept Credit Cards – Please contact the Hayward Center at 715-634-3000 for more information

Please Return To:

The Senior Resource Center ~ 15856 E. Fifth St. ~ Hayward, WI 54843

We are a 501(c)(3) non-profit organization. Donations are tax deductible to the extent allowed by law.





HOLLY JOLLY

Christmas Cash Raffle

Benefiting the Senior Resource Center

**1st: \$500 • 2nd: \$250 • 3rd: \$100 • 4th: \$50
5th: \$25 • 6th: \$25 • 7th: \$25 • 8th: \$25**

Drawing at noon on December 22, 2017
at the Senior Resource Center

Tickets are \$1 each / 6 for \$5

License # R0018766A-22903

TICKETS AVAILABLE AT:

Senior Resource Center

15856 E 5th Street • Hayward, WI 54843 • (715) 634-3000

Northwoods Carving Club Has New Home at the Senior Resource Center



The Northwoods Carving Club has moved from Cable to Hayward and will be holding their monthly meetings at the Senior Resource Center Lower Level – 15856 E. 5th Street, Hayward, the second Saturday of each month. Park in the back of the building and enter through the lower level door.

Beginners to experts are welcome. You can come as early as 10:00 a.m. and stay as late as 4:00 p.m. There are no dues or fees to join. Bring a project, come to learn, or just to check it out.

Contact Barb or Gene Oldham at barbielou90@hotmail.com OR Ernie Henkel at 715-462-3825.

Next Meeting Dates are Saturday, November 11th and Saturday, December 8th.

The Senior Resource Center requires that any participant must sign a Waiver of Release and Hold Harmless. Any minor participating in activities must be at least 16 years of age and accompanied by a parent. Proof of age will be required.



Senior Resource Center Activities & Events

715-634-3000 • NOV./DEC. 2017 • 8:00 a.m. to 4:00 p.m.

Monthly Happenings	Day	Time	Place
Alzheimer's Day Respite	Call 715-634-3000	Thurs. 9:00 a.m. – 3:00 p.m.	Lower Level
Caregiver Support Group	2 nd Tuesday of each month	1:00 p.m. – 2:30 p.m.	Lower Level
Bridge Group	Wednesdays	9:00 – 12:00 a.m.	Lower Level
Cribbage	Tuesdays & Thursdays	1:00 p.m.	Upper Level
Lunch Meals - 12:00 noon	Monday-Friday each week	Reservations 715-634-4680	Upper Level
Evening Meal – Tuesday's	Reservations 715-634-4680	5:30 p.m.	Upper Level
Gin Rummy	Mondays	10:00 – 11:30 a.m.	Upper Level
Pinochle & 500	Mon - Wed – Sat each week	1:00 p.m.	Upper Level
Senior Resource Center Bingo	Fridays	1:00 p.m.	Upper Level
Foot Care Clinic	Call Holly Duffy	715-699-9987	Lower Level
Spider Lake Meals	Mondays & Thursdays	12:00 noon	Spider Lake Church
Hayward Veterans Center Meals	Mondays & Thursdays	12:00 noon	Vets Center
Progressive Bingo	<u>Thursdays</u> - Doors open with food being served at 5:00, Early Birds 6:15, Regular Session 7 p.m.		Upper Level
Weight Watchers	Thursdays	5:30 – 7:00 p.m.	Lower Level
Computer/Tablet Classes	Tuesdays	10:00 a.m.	Lower Level
Art Group ALL Mediums Welcome	Fridays	10:00 a.m. – Noon	Lower Level
Northwood's Carving Club	2 nd Saturday Each Month	10 a.m. – 4:00 p.m.	Lower Level
Gift Shop	Monday – Friday each week	8:30 a.m. – 4:00 p.m.	Entry Upper Level
Duplicate Bridge (Wednesdays)	Runs May-Oct See you in May!	6:00 p.m.	Lower Level
CLOSED Offices, Bus, Meal Sites	November 23 & 24, 2017	Happy Thanksgiving	Office/Bus/Meal Sites
CLOSED Offices, Bus, Meal Sites	December 25 & 26, 2017	Merry Christmas	Office/Bus/Meal Sites
Activities/Speakers	Day	Time	Place
WITC Hatha Yoga w/Mary Jo	Tuesday's	8:30-9:30am/4:30-5:30pm	Lower Level
WITC Hatha Yoga w/Mary Jo	Thursday's	8:30-9:30am/10:00-11:00am	Lower Level
WITC Fit for Life Dance w/Jodi	Tuesday's	10:00-10:45am	Lower Level
WITC Fit for Life Dance w/Jodi	Friday's	1:00-1:45pm	Lower Level
WITC Balance & Stretch w/Jodi	Friday's	2:00-2:30pm	Lower Level
AARP Meeting	Thursday, Nov 2, 2017	1:30 Scam Presentation	Upper Level
Stone Lake Veteran's Dinner	Friday, Nov 10, 2017	12 noon RSVP Required	Lions Center
Thanksgiving Dinner	Thursday, Nov 16, 2017	12 noon	All Sites
Stone Lake Scholarship Chili Feed	Saturday, Nov 18, 2017	4:00 p.m.	Lions Center
AARP Christmas Gathering contact 715-634-4793 Reservation	Thursday, Dec 7, 2017	11:30 a.m.	Flat Creek Musical Entertainment
Stone Lake Christmas Party	Wednesday, Dec 13, 2017	Reservation Required	Cranberry Café
Christmas Dinner	Monday, Dec 18, 2017	12 noon	All Sites
Monthly Meetings	Day	Time	Place
Advisory Committee	1 st Wednesday	10:00 a.m.	Upper Level
AARP Board Meeting	1 st Thursday	1:00 p.m.	Upper Level
Senior Resource Center Board	Wednesday, November 15 th	1:00 p.m.	SRC Lower Level
Senior Resource Center Board	Wednesday, December 20 th	1:00 p.m.	SRC Lower Level

Flambeau Home Health & Hospice Continued from Page 2

nurse visits, social work visits, home health aide and volunteer options; Sharon has directed her own plan of care and schedule of activities. She enjoys time with friends and neighbors; attending going away parties, bake sales, a golf widow party, and numerous trips to her hairdresser and Walmart. Becoming an inspiration to others, she even arranged her very own "Pre-wake party". Why? "Why wait? you can't talk to them at your funeral", says Sharon.

In April 2017, Sharon emailed friends and family across the state, giving them only a two week notice, inviting them to her "Pre-wake party" in Beaver Dam, WI. Those invited were childhood friends, classmates from kindergarten through high school, cousins, coworkers, and other family members; many didn't know each other, but they all knew Sharon. "Everybody came, they intermingled with each other, they ate together and talked, everybody was laughing". "It was fun to reminisce", recalls Sharon. While visiting Beaver Dam, she was also able to visit with other friends and family members confined to facilities, who were unable to make it to her party. She "made the rounds", all the while having confidence that a different hospice team (contracted by Flambeau Home Health and Hospice) was available to her during her travels away from home, should she need assist.

In January 2017, Sharon faced head on one life's ultimate challenges. "I'm glad I made the choice I did because I was able to see the people I wouldn't have been able to otherwise, after I was gone". With grace and courage, she continues to forge ahead, directing her own path, doing it "her way" with Reggie by her side (and a little help from her friends at Flambeau Home Health and Hospice).



ASPEN ACRES

— ASSISTED LIVING —

CARE • COMFORT • COMPASSION

Close to Home Memory Care and Assisted Living



IMMEDIATE OPENINGS

Come in for a Tour!

10214 Rock Creek Road
Hayward, WI 54843

715-634-5700

Email: admin@aspenacres.org

Website: www.AspenAcresAssistedLiving.com

